

## CLAIMS

The invention is hereby claimed as follows:

1. A patient education system for educating users in  
5 intermittent female catheterization, said system comprising:

a female catheterization system including at least one female  
catheter; and

self-care documentation which an instructor uses to educate the  
users in performing intermittent female catheterization using the female  
10 catheterization system.

2. The patient education system of Claim 1, wherein the self-  
care documentation includes at least one acknowledgement section for  
documenting instructions provided to the users.

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3. The patient education system of Claim 1, which further  
includes a set of step-by-step instructions used by the users in performing  
intermittent female catheterization.

4. The patient education system of Claim 1, wherein said female catheterization system contains apparatus for at least one month of catheterizations.

5. The patient education system of Claim 1, wherein said female catheterization system contains:

- (a) ten gloves;
- (b) a collection basin;
- (c) thirty-five disposable wipes
- (d) three protective underpads;
- (e) four female catheters;
- (f) ten single doses of lubricant gel;
- (g) antibacterial liquid soap;
- (h) four clean catheter zipper bags;
- (i) a used catheter zipper bag;
- (j) a container of alcohol gel;
- (k) a urine record card;
- (l) a lubricating gel tube;
- (m) a mirror;
- (n) a fanny pack;
- (o) step-by-step instructions; and

(p) a box wherein items (a) through (o) are positioned  
inside the box.

6. A system for facilitating intermittent female catheterization,  
5 said system comprising:

a plurality of infection prevention devices;

at least one female insertion device; and

at least one recording device which enables a user to record an  
amount of drainage from a catheter site.

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7. The system of Claim 6, wherein said infection prevention  
devices include gloves, at least one disposable wipe, at least one zipper  
bag, alcohol gel, antibacterial soap and a protective underpad.

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8. The system of Claim 6, wherein said female insertion device  
includes at least one female catheter, one mirror and lubricant.

9. The system of Claim 6, wherein said recording device  
includes a collection basin and a record card.

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18. A system for intermittent female catheterization used by a user for a plurality of catheter insertions, said system comprising:

- (a) ten gloves;
- (b) a collection basin;
- (c) thirty five disposable wipes
- (d) three protective underpads;
- (e) four female catheters;
- (f) ten single doses of lubricant gel;
- (g) antibacterial liquid soap;
- (h) four clean catheter zipper bags;
- (i) a used catheter zipper bag;
- (j) a container of alcohol gel;
- (k) a urine record card;
- (l) a lubricating gel tube;
- (m) a mirror;
- (n) a set of step-by-step instructions; and
- (o) a box wherein items (a) through (n) are positioned inside the box.

19. The system of Claim 18, which includes self-care documentation for documenting instructions provided to the user in the use of the system.

5           20. A method for intermittent female catheterization by a user using a system, said system comprising:

          preparing for female catheterization using apparatus of the system;

          inserting a female catheter;

          draining the site forming a drainage; and

10           removing the female catheter and disposing of the drainage.

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